



Well done, Daddy



Photos by Airman 1st Class Lauren Padden

Kaitlyn Manire (above) hugs her dad, Capt. Ian Manire, after he returned from a deployment to Andersen Air Force Base, Guam Friday. Inset: Kaitlyn holds a sign welcoming her father. More than 240 Airmen from the 393rd Bomb Squadron, 509th Operations Support Squadron, 509th Aircraft Maintenance Squadron, 509th Maintenance Squadron, 509th Munitions Squadron, 509th Maintenance Operations Squadron and 509th Communication Squadron returned April 29 from the 60-day deployment to Andersen. It marked the first time the B-2 was deployed to fulfill an air and space expeditionary force tasking. See related story on Page 2.



Promotion study guides debut in May

By 1st Lt. Denise Burnham

Air Education and Training Command
Public Affairs

RANDOLPH AIR FORCE BASE, Texas (AFPN) — Air Education and Training Command officials will release the latest edition of enlisted promotion study guides in late May.

Both the Promotion Fitness Examination and the U.S. Air Force Supervisory Examination, officially known as Volumes 1 and 2 of Air Force Pamphlet 36-2241, are used by senior airmen through senior master sergeants to study for promotion.

“The PFEs are shipped overseas first and then throughout the United States with final distribution on the East Coast since the distribution center is located there,” said Master Sgt. Gary Billington, the Air Force manager for the PFE study guide at the Air Force Occupational Measurement Squadron, which writes the PFE. “This helps ensure everyone has the book in hand at approximately the same time.”

The goal, Sergeant Billington said, is to have study materials in the hands of promotion-eligible

See GUIDE, Page 4

News in brief

Traffic light to be installed

To improve traffic flow through the Spirit and Vandenberg intersection Whiteman is installing its first Traffic Light control system. This project is scheduled to begin construction in early May and will require local road closures and detours. Advance notice of closures will be provided as warranted.

CES trains for biovac

The 509th Civil Engineer Squadron will conduct a basewide exercise Monday-May 13. It will include ground burst simulators, smoke grenades and M-16 fire with blanks. Most of the activity will be confined to the East side of the runway, but the base giant voice will also be used.

CPF limited service

The civilian personnel flight is closed Tuesday due to staff professional development. People can leave a message at 687-6475. In case of an emergency, call 687-3659.

DTS training offered

The Defense Travel System will soon be online at Whiteman. It changes the way temporary duty assignment arrangements are made and vouchers are processed. To prepare for the activation dates, Air Combat Command Office of Financial Management officials will provide training at the base theater. Base members are highly encouraged to attend a training session at 10 a.m. May 17 or 1 p.m. May 18. For more details, visit the 509th Comptroller Squadron's DTS Web site at <https://intranet.whiteman.af.mil/509BW/BW/CPTS/DTS.html> or call Master Sgt. Albert Concepcion at 687-5372, 1st Lt. Mark Koeppen at 687-6327 or Staff Sgt. Melanie Danker at 687-4466.

Religious freedom and respect – part of the Airman's culture

By Chaplain (Maj. Gen.) Charles C. Baldwin
Air Force Chaplain Service

(Editor's Note: Thursday marked the annual commemoration of the National Day of Prayer)

WASHINGTON (AFP) — On Sept. 23, 2001, 25,000 people gathered at Yankee Stadium for "A Prayer for America," honoring those who lost their lives in the 9/11 terrorist attacks. Jewish, Roman Catholic, Muslim, Hindu, Protestant, Sikh and Greek Orthodox clergy offered prayers. The prayer service was described as representing the best in America and unprecedented in its interfaith spirit. One commentator even called the diverse gathering of religious expressions a miracle. It was a profound and beautiful response to the hatred and intolerance of the terrorists.

Such "miracles" take place at Air Force chapels throughout the world every day. A spirit of unity and cooperation is seen, not only in the sharing of sacred space by many faith communities, but also in the love and respect we show for one another. For me, one of the absolute joys of being an Air Force chaplain is this privilege of serving such a diverse community. The Air Force Chaplain Service is devoted to serving the religious needs of all Airmen and their families. We are committed to serving the one who is different with the same passion as the one from our own faith group. This is something that is a wonder to the world! This is the culture of the Airman.

Chaplains come from many faith communities. We are

as diverse as the Air Force. How is it possible that we work together when our beliefs are so different? We rally around three great watchwords: freedom, faith and ministry. We are here to ensure the right to the free exercise of religion. That's the "freedom" and "faith" part. "Ministry" captures our commitment to care for the needs of the Airmen everywhere they serve.

The free exercise of religion is a basic principle of our nation. Chaplains are here to help commanders understand the issues in our complex, religiously diverse Air Force community and help Airmen as they seek to practice their faith while serving in the military and the federal workplace. Clearly, there is the expectation that Airmen will respect each other and accommodate one another in the practice of their faith. There is no place in our Air Force for disrespectful names, slurs and jokes that make someone feel alienated from the team.

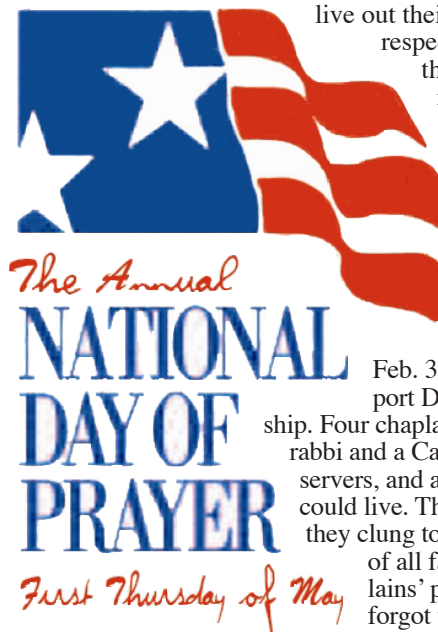
In response to the need to re-enforce this message, the Chaplain Service has introduced Respecting the Spiritual Values of all People program. We offered it first at the Air Force Academy and will follow at other bases. This program encourages people to confidently and authentically

live out their own faith commitments and deeply respect others whose faith is different from their own. This is the culture of the Airman.

We didn't just recently begin to value religious freedom and individual rights. This is a central part of our rich American heritage. It has been re-enforced through the years with countless acts of courage and sacrifice both large and small. One of the most memorable examples of this American character happened

Feb. 3, 1943, aboard the U.S. Army Transport Dorchester. An enemy torpedo hit the ship. Four chaplains (two Protestant ministers, a Jewish rabbi and a Catholic priest) gave up their life preservers, and any chance of survival, so that others could live. The four chaplains died together while they clung to each other and prayed. The survivors, of all faiths, found great strength in the chaplains' prayers and courage, and they never forgot the sacrifice or the spirit of the four chaplains.

Today, in that same spirit, Air Force chaplains and chaplain assistants provide an example of cooperation without compromise, freedom to live out our faith with respect for all and sacrificial service to others. So, too, may we all serve honorably. This is the culture of the Airman.



B-2 team completes Part 1 of deployment

By Lt. Col. Steven Basham
393rd Bomb Squadron Commander

The 509th Bomb Wing successfully completed the first B-2 Air Expeditionary Force rotation.

More than 240 Airmen from the 393rd Bomb, 509th Operations Support, 509th Aircraft Maintenance, 509th Maintenance, 509th Munitions, 509th Maintenance Support and 509th Communication squadrons returned April 29 from a 60-day deployment to Andersen Air Force Base, Guam. This marked the first time the B-2 has deployed to fulfill an AEF tasking and without a doubt, the Whiteman team performed in true 509th fashion.

The deployment supported and continues to support bomber presence in the Asia-Pacific Theater. They were placed directly under the operational control of Pacific Air Forces, the air component of U.S. Pacific Command. The team was replaced by the 325th Expeditionary Bomb Squadron and other members from the same squadrons above. This first rotation marked the longest deployment of the B-2 to date and the follow-on force will exceed the duration of the first.

The 509th was well prepared for this first deployment. The B-2 community gathered knowledge from numerous smaller deployments over the last 10 years that aided in this first long-term operation. Our



Photo by Airman 1st Class Lauren Padden

Commanders and first sergeants of the 509th Maintenance Group form a receiving line to welcome their deployed troops home April 29.

aviators were well trained and prepared to support USPACOM taskings. Our maintainers were prepared to put jets into the sky with unmatched precision. And our Airmen were prepared to leave their families and go to the other side of the world to show the U.S.' commitment to the Asia-Pacific region.

However, even with all the preparation, an enormous amount of flexibility was required. Operational flying had to be receptive to a war-fighting commander's taskings. The B-2 flying schedule was modified to meet theater requirements more

than once. Our maintainers gained valuable knowledge on fixing the B-2 in rather austere conditions. Facilities and supply similar to Whiteman's were not available, but the maintenance team quickly adapted and overcame. Finally, the pilots contended with a weather phenomenon that just doesn't occur in Knob Noster. About halfway through the deployment, a volcano just north of Guam erupted and spewed ash 50,000 feet into the air. The ash drifted over Guam and forced a hold on B-2 flying for a week.

Despite these obstacles, the team man-

aged to fly 52 sorties totaling 396 hours while using an average of only two B-2s during the majority of the deployment. These sorties allowed our pilots to become experts in the operation of on-board equipment for long-range command and control. They became well trained in employing the B-2 against time-sensitive targets. Maintainers received more than their fair share of training when it came to repairing the B-2's aft deck. Finally, this valuable knowledge was passed to the incoming Whiteman team to ensure continued success.

Upon returning to Whiteman, the team was met by family, friends and co-workers. Although the Missouri weather that greeted the team was an extreme shift from the steady 75 degree temperatures of Guam, the deployers were happy to be home.

The returnees can now reflect on the mission that was placed before them a few months ago. The team was charged with ensuring the success of the first B-2 AEF deployment. They were responsible for setting up an operation for the next team to carry on. They can now look back on a job well done.

As challenges arose, they were dealt with swiftly. Dynamic thought and a get-it-done attitude prevailed throughout. You won't find a better trained and more combat ready global strike team than the one that just returned to the 509th. They exemplified the motto, "Bombs on target."

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The deadline for article submissions to the Whiteman Spirit is noon Friday. If a holiday falls on Friday, the deadline then becomes 4 p.m. Thursday. Articles will be published on a space-available basis. Submission doesn't guarantee publication.

For more information, call the *Whiteman Spirit* office at 687-6133, fax us at 687-7948, e-mail: whiteman.spirit@whiteman.AF.mil or write to us at:

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Wing honors quarterly winners during ceremony

Complied from staff reports

The 509th Bomb Wing honored its first quarter award winners and nominees during a breakfast at Mission's End April 28. The winners were:

Officer

Second Lt. Michael Czumak, 509th Communications Squadron, is the Company Grade Officer of the Quarter.

As the Network Control Center officer in charge, Lieutenant Czumak led 10 separate work centers with more than 50 personnel supporting \$20 million in assets for more than 5,000 network users.

Additionally, he acquired more than \$1.4 million from Air Combat Command one year ahead of schedule for gigabit-ethernet, a base network infrastructure upgrade.

Lieutenant Czumak led ACC for the most reliable Defense Messaging System with no nondelivery notices. He also resolved a critical dental appointment computer system error. His solution was implemented command-wide.

In academics, Lt. Czumak completed a six-week expeditionary communications officer training class as the distinguished graduate. He finished the class with a 97 percent.

As a mentor, he volunteered at a local elementary school during African-American Heritage Month.

Senior NCO

Senior Master Sgt. Michael Klintworth, 509th Operations Support Squadron, is the Senior NCO of the Quarter.

As the chief controller of the radar approach control facility, Sergeant Klintworth guaranteed the safe arrival, departure and over-flight actions of 9,200 aircraft transitioning through Whiteman's airspace.

He also managed \$35 million in air traffic control assets and ensured equipment was kept at peak efficiency to ensure uninterrupted service to his customers.

His guidance on the instillation of a \$36,000 ATC simulator brought the system online three months ahead of schedule, which reduced controller upgrade training time by 23-percent.

Sergeant Klintworth is the professional development chairman for Whiteman Top 3. In this position, he coordinated a briefing for the 8th Air Force commander, spoke at Whiteman Professional Development Course and participated in two fund-raisers that produced more than \$1,200 for enlisted morale events.

In enhancing his own professional development, he devoted four hours to Air Force Smart Force training by completing the dynamics of leadership and essentials of coaching courses.

NCO

Staff Sergeant Charles Hosch, 509th Maintenance Squadron, is the NCO of the Quarter.

He scrutinized 3,000 technical orders across six flights and ensured 100 percent compliance as the 509th MXS tiger team leader. The munitions aerospace ground equipment operator also trained five people on circuit and repair saving \$4,800 in downtime, and increased 33 percent of trailer availability.

In his off-duty time, Sergeant Hosch completed six credit hours toward a bachelor's degree in business management with 3.93 grade point average. He was also elect-

ed as the AGE advisory council president and raised \$950 toward flight retirements and holiday party.

Airman

Airman 1st Class Tuan Nguyen, 509th Logistics Readiness Squadron, is the Airman of the Quarter.

Airman Nguyen coordinated inter-service procedures for passenger travel decreasing processing time by 66 percent. He also led joint cargo deployment function by noting process flaws and training others, and decreased 50 percent of the write-ups.

The traffic management apprentice oversaw delivery of 104 personal property shipments to customers, saving \$10,000 and eliminating commercial storage.

Off duty, Airman Nguyen has completed nine credit hours toward his Community College of the Air Force degree. He also volunteered 52 hours as an assistant soccer coach at Warrensburg High School soccer team.

Honor Guard

Airman 1st Class Jessica Smith, 325th Aircraft Maintenance Unit, is the Honor Guard Member of the Quarter.

As the C team trainer, Airman Smith fully qualified to present all types of honors with only six weeks of training. She participated in seven details to honor fallen comrades. The B-2 crew chief also performed three mock funerals for the First-Term Airmen Course to educated other Airmen on what it means to be an honor guard member.

Off duty, Airman Smith completed three volume sets of the career development course scoring 98 percent. She also maintained a 4.0 grade point average in two college algebra courses.

As active member of Airmen Against Drunk Driving, she personally ensured three Team Whiteman members got home safely. She also volunteered 72 hours at the Adopt-a-Pet foundation.

Specialist/Manager

Mae Hertig, 509th Medical Operations Squadron, is the Specialist/Manager Civilian of the Quarter.

Mrs. Hertig coordinated disease management and prevention initiatives for more than 4,500 beneficiaries. She composed, reproduced and mailed a bi-monthly diabetic newsletter, which presenting the latest topics on managing diabetes.

As an expert diabetes nurse educator and coordinator for a base support program, Mrs. Hertig also leads meetings and arranges lectures.

Mrs. Hertig developed class objectives and completed the 64 clinical hours required for completing a nursing management course completion. A nurse preceptor praised Mrs. Hertig for her enthusiasm, energy and willingness to learn, as well as her ability to set the bar for others.

She contributes to the community by providing much needed care for those without insurance by volunteering at free clinics in Warrensburg and Sedalia.

Associate

Carolyn Perkins, 509th Security Forces Squadron, is the Associate of the Quarter.

Mrs. Perkins conducted seven investigations including three assault and two theft investigations, solving five of the investigations.

After being hand-picked to lead a 509th SFS sexual assault task force, she trained wing sexual assault liaisons.

In addition to maintaining 100 percent accountability of more than 100 items of evidence and found property, Mrs. Perkins is also a key member of the family maltreatment case management team and thoroughly reviewed more than 20 abuse cases.

Currently, she is pursuing a master's degree in security management. She also attended the nationally acclaimed Reid Advanced Interview and Interrogation course.

Mrs. Perkins coached and played on the SFS volleyball team to earn points toward the commander's trophy, and coordinated the first 509th SFS golf tournament.

Laborer

James Richwine, 509th Logistics Readiness Squadron, is the Civilian Laborer of the Quarter.

Mr. Richwine is a pivotal contributor in customer service and allowed his flight to maintain a 93.1 percent in-commission rate — 3.1 percent above the ACC goal of 90 percent.

He also saved the flight 300 dollars in parts and three weeks of down time by skillfully welding a bobtail pintle hook handle instead of replacing it.

Mr. Richwine is dedicated beyond expectations and consistently has the highest number of direct labor hours, not including overtime.

He has polished his mentoring skills by training Airmen in all aspects of the maintenance field and improving productivity and knowledge.

In the community, he has selflessly volunteered personal time to assist an elderly neighbor with household chores and yard maintenance.

Volunteer

Sylvia Grantham, wife of Senior Airman Mark Grantham, 509th CS, is the Volunteer of the Quarter.

Mrs. Grantham is a pharmacy technician for the 509th Medical Group, a position she has volunteered more than 240 hours of service.

In this position, the Wermelskirchen, Germany, native filled 9,545 prescriptions during the quarter with an average of more than 700 prescriptions a day. She has helped open the pharmacy when military members were at physical training. She also has helped ease manning shortages so that other pharmacy technicians could take leave or work on additional duties.

"She is the most dedicated and hardest working volunteer I have ever worked with," said Staff Sgt. Monika Perry, 509th Medical Support Squadron, who nominated Grantham for the award.

In addition to volunteering in the pharmacy, she participated in monthly training days, including anti-robbery procedures and resource protection to help ensure the protection of patient and clinic resources as much as possible.



GUIDE, from Page 1

Airmen by July 1. The material will be distributed with the following priority:

- ✓ Senior master sergeants testing in cycle 05E9.
- ✓ Master sergeants testing in cycle 06E8.
- ✓ Staff and technical sergeants testing in cycle 06E6 and 06E7.
- ✓ Senior airmen testing in cycle 06E5.
- ✓ All remaining enlisted Airmen.

The electronic version of both guides will be available online by July 1 at <http://www.e-publishing.af.mil>.

Unit Weighted Airmen Promotion System monitors will distribute the study guides to assigned Airmen, whether at home station or deployed. It is the WAPS monitor's responsibility to send the guides to Airmen deployed, Sergeant Billington said.

A significant change is that Volume 2 now includes Volume 1. In the past, master and senior master sergeants received both study guides. Senior airmen, staff sergeants and technical sergeants will continue to receive Volume 1 only.

Both guides contain a compact disk located on the back cover that includes an electronic version and a five-minute video about AFOMS and how promotion tests are developed.

Updated information about counseling, communication and Air Force organizations is included in the PFE. Sergeant Billington said they placed more emphasis

on enlisted contributions in Air Force history and added new information about military benefits, the virtual military personnel flight and nutrition.

Changes to the supervisory guide include new information about contingency warfare planning and critical thinking, and chapters on staff-level communication and civilian personnel management.

Changes to the study guides begin more than two years before they are published.

"We are already developing the 2007 PFE," said Chief Master Sgt. Michael O'Neill, the AFOMS professional development flight chief.

"Beginning 29 months before the new PFEs hit the streets, (Airmen) are asked to participate in an online survey," Sergeant Billington said. "The survey results are then used to revise the study guides and ultimately write promotion tests based on feedback from the field."

"Many people don't know that these surveys are a way for Airmen in the field to make their input on future promotion tests," he said.

Once ready, the guides are approved by the Air Force personnel director for final release. Unlike a standard Air Force instruction, once the PFE is final, changes are made only when the document is reviewed and republished every two years, Sergeant Billington said.

To provide feedback on the new PFE, send an e-mail to pfesg@randolph.af.mil.

Off to Guam



Photo by Airman 1st Class Ryan Wilson

509ers board a plane bound for Andersen Air Force Base Guam April 26. The group was the next Air Expeditionary Force and rotation of Airmen to support the B-2 mission in the West Pacific. Maj. Bruce Bartholomew, 509th Logistics Readiness Squadron commander, bid the Airmen farewell.

The *Whiteman Spirit* wants to feature you.

Do you, or does someone you know, have a story idea you'd like to see in the paper?

Let our staff know about it.

For more information, call 687-6133 or e-mail whiteman.spirit@whiteman.af.mil.

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Monthly ceremony at Mission’s End honors wing members

The 509th Bomb Wing recognized 73 promotees Tuesday at Mission’s End. They are:

Airmen Catrina Booth, 509th Munitions Squadron, **Levi Hupp**, 509th Security Forces Squadron, **Matthew Noble**, 509th SFS, **Robbie Philhower**, 509th SFS, **Knena Smith**, 509th SFS.

Airmen 1st Class Marlana Babel, 509th Communications Squadron, **Jason Bauer**, 509th SFS, **Chad Bradshaw**, 509th Logistics Readiness Squadron, **Mary Bryan**, 509th Comptroller Squadron, **Richard Davis**, 509th SFS, **Ayran Ellis**, 509th Civil Engineer Squadron, **Trey Ferrell**, 509th SFS, **Brandon Garbrick**, 509th Aircraft Maintenance Squadron, **Christopher Gheen**, 509th AMXS, **Robert Kruse**, 509th SFS, **Nicholas Levesque**, 509th CES, **Keenan Quinories**, 509th Maintenance Squadron, and **Nickolas Trapman**, 509th MXS.

Senior Airmen Michael Abernathy, 509th MXS, **Jeremy Arnold**, 509th MXS, **John Brackenbury**, 509th MXS, **Lance Carter**, 509th AMXS, **Zachariah Curry**, 509th Communications Squadron, **Justin Dansby**, 509th AMXS, **Robert Dente**, 509th CES, **Daniel Duffau**, 509th AMXS, **Zackary Ellard**, 509th SFS, **Geoffrey Gagnon**, 509th CS, **Brent Hayes**, 509th CS, **Kwasi Henderson**, 509th SFS, **Kenneth McCormick**, 509th SFS, **Jason Mertz**, 509th MXS, **Ivan Morales**, 509th CPTS, **Cody Morris**, 509th CES, **Joshua Runkles**, 509th Munitions Squadron, **Robert Smith**, 509th AMXS, **Larry Tolliver**,

509th SFS, **Dechen Wangmo**, 509th SFS, and **Shane White**, 509th AMXS.

Staff Sgts. Joyce Baum, 509th Medical Operations Squadron, **Eddie Brown**, 509th SFS, **Matthew Bult**, 509th MXS, **Bryan Donner**, 509th AMXS, **Jimmy Hardwick**, 509th AMXS, **Jeffrey Miller**, 509th Operations Support Squadron, **Nathaniel Oglesby**, 509th AMXS, **Nathanial Petersen**, 509th SFS, **Noel Ragan**, 509th MXS, **Amber Savage**, Detachment 5, 29th Training Systems Squadron, **Joseph Shields**, 509th SFS, **Kyle Smith**, 509th SFS, **Joshua Turner**, 509th CES, **Benjamin Weisensel**, 509th AMXS, and **Dennis Valerio**, 509th MXS.

Tech. Sgts. Bonnie Gribble, 509th Services Squadron, **Chad Kraus**, 509th LRS, and **Todd Zenzen**, 509th MXS.

Master Sgts. Bryan Bardwell, Det. 6, 372nd Training Squadron, **Norman Clair**, 509th LRS, **Eric Duffendack**, 509th MUNS, **Jose Fonseca**, Det. 6, 372nd TRS, **Reid Fussell**, 509th CES, and **Todd Lewis**, 509th OSS.

Senior Master Sgts. Peter Blaszczyk, 509th Maintenance Group, and **Manuel Calderon**, 509th OSS.

Chief Master Sgt. Mark Clark, 509th Operations Group. Also recognized at the ceremony were 21 members who

earned 90 percent or higher on their career development course end-of-course exams. They are:

90 percent: Staff Sgt. Steven Bobbitt, 509th AMXS, and Airman 1st Class Michael Doss, 509th MUNS, and Airman 1st Class Randall Idell.

91 percent: Senior Jonathan Barfield, 509th AMXS, Airman 1st Class Mark Geist, 509th AMXS, Airman Matthew Gibbs, 509th SVS, Airman 1st Class Bruce Guillaume, 509th AMXS, Airman 1st Class Jeffrey Longo, 509th AMXS, and Airman 1st Class Jason Muniz, 509th SVS.

92 percent: Airman 1st Class Nicholas Delaney, 509th MDOS, and Senior Airman Dietrich Gale, 509th CES.

93 percent: Staff Sgt. Kevin Dempsey, 509th CES, and Senior Airman Ronald Jacobs, 509th MXS.

94 percent: Airman Derek Elrod, 509th CES, Senior Airman Andrew Martin, 509th AMXS, Airman John Michael, 509th CES, Staff Sgt. Charles Simmons, 509th CPTS, and Airman 1st Class Zachery Teague, 509th AMXS.

95 percent: Airman 1st Class Lance Russell, 509th CES.

97 percent: Staff Sgt. Jason Lewis, 509th MXS.

99 percent: Airman 1st Class Frank Gentz, 509th MDOS.

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Civilian Employee of the Week

James Mitchell, 509th Logistics Readiness Squadron, was nominated by Chief Master Sgt. Terry West, 509th LRS. As the cargo movements woodworker, Mr. Mitchell worked a special request from the 509th MXS Squadron to build eight boxes to ship nozzle bay doors for the B-2 for modification. Chief West said the modification saved nearly 3,000 man-hours per year for the 509th MXS and postures the B-2 for less downtime and increased readiness. “Mr. Mitchell designed a new special packing instruction prototype and constructed the containers on a short notice requirement,” the chief said. “Before this effort, there were no means to ship these doors without damaging them. The construction of these shipping containers was very tedious and time consuming. Thanks to Mr. Mitchell, the B-2 mission presses on!”

Submitting

*Civilian Employee
of the Week*

To nominate a civilian employee,
send an e-mail to
whiteman.spirit@whiteman.af.mil.
Be sure to include why this person
is being nominated.

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Good foundation

Parsons and Evergreene employees pour the foundation of a new Whiteman home. The unit is one of 176 under construction near the southwest corner of the base. Base officials said 20-40 units should be completed by November. An additional 20-40 units will complete the \$35.4 million project in the Spring of 2006.



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Spotlight on Justice

In March, nine Airmen received punishment under Article 15, Uniformed Code of Military Justice and three were discharged.

Articles 15

An airman from the 509th Security Forces Squadron received an Article 15 for driving while intoxicated. The punishment was a reduction to airman basic, a suspended forfeiture of \$617 pay per month for two months, restriction to the base for 60 days and a reprimand.

An airman from the 509th SFS received an Article 15 for driving while intoxicated and breaking restriction. The punishment was a suspended reduction to airman basic, a suspended forfeiture of \$617 pay per month for two months, restriction to the base for 60 days and a reprimand.

An airman first class from the 509th SFS received an Article 15 for failing to conduct wood line checks while being posted as a sentinel. The punishment was a reduction to airman, a suspended forfeiture of \$692 pay per month for two months, restriction to the base for 60 days and a reprimand.

An airman from the 509th Aircraft Maintenance Squadron received an Article 15 for providing alcohol to a minor. The punishment was reduction to airman basic, 30 days extra duty and a reprimand.

An airman first class from the 509th AMXS received an Article 15 for driving while intoxicated and underage drinking. The punishment was a suspended reduction to airman basic, 30 days extra duty and restriction to the base for 30 days.

An airman first class from the 509th Communications Squadron received an Article 15 for assault and battery. The punishment was a reduction to airman, forfeiture of \$100 pay, 30 days extra duty, restriction to the base for 14 days and a reprimand.

An airman basic from the 509th Logis-

tics Readiness Squadron received an Article 15 for driving while intoxicated and underage drinking. The punishment was a forfeiture of \$617 pay per month for two months, 45 days extra duty and restriction to the base for 45 days.

A senior airman from the 509th LRS received an Article 15 for driving while intoxicated. The punishment was reduction to airman first class, 45 days extra duty and a reprimand.

A staff sergeant from the 509th Civil Engineering Squadron received an Article 15 for failing to pay his government travel card. The punishment was a suspended reduction to senior airman, 14 days extra duty (with 7 days suspended) and restriction to the base for 14 days (with 7 days suspended).

Discharges

A senior airman from the 509th Maintenance Squadron received a general discharge for minor disciplinary infractions. The misconduct included failure to obey a lawful order, failure to pay the government travel card, being late to work, and operating a vehicle while drunk.

A senior airman from the 509th MXS received a general discharge for minor disciplinary infractions. The misconduct included failure to pay just debts, dereliction of duty, wrote bounced checks, improper use of government e-mail, failure to pay government travel card, and being delinquent on the Military Star Card.

An airman from the 509th Medical Operations Squadron received a general discharge for minor disciplinary infractions. The misconduct included underage drinking on several occasions, disrespect toward female co-workers and superior commissioned officers, involvement in an altercation, and driving under the influence.

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236 Team Whiteman members earn degrees

More than 265 base members receive their official degrees at the 2005 all-schools graduation at 6 p.m. today at the State Fair Community College main campus. Whiteman graduates are:

CCAF Associate of applied science degree

Douglas Adams, information management and explosive ordnance disposal
Thomas Adams, aviation maintenance technology
Robert Agard, criminal justice
Benjamin Anderson, aircraft armament systems technology
Michael Antesoda, aircraft systems maintenance technology
Scott Armstead, maintenance production management and munitions systems technology
Dianna Bakke, logistics
Brian Banach, avionics systems technology
Shannon Banks, aircraft armament systems technology
Benjamin Barker, aviation management
Brad Barnes, fire science
Mayco Batres, vehicle maintenance
Katty Beuttenmuller, maintenance production management
Melissa Biggs, aerospace ground equipment technology
Donald Billingsley, instructor of technology and military science
Robert Blacklock, criminal justice
Kevin Brisley, human resource management
James Brock, criminal justice
Tracey Burns, information systems technology
Darlene Buss, aviation maintenance technology
Ronald Bustillo, instructor of technology and military science, and
Ronald Bustillo, aviation maintenance technology
Manuel Calderon, communications applications technology
Loretta Cassatt, communications applications technology
Richard Clark, aviation maintenance technology
Tiffany Clements, information systems technology
Douglas Clifton, aerospace ground equipment technology
Phillip Cole, aviation maintenance technology
Topaze Cole, medical laboratory technology
Nathaniel Conley, communications applications technology
Stacie Conrey, criminal justice
Barry Corcoran, instructor of technology and military science
Kelly Costa, aviation maintenance technology
Jeffrey Crannick, ecological controls
Amy Cutler, munitions systems technology
Kelvin Dawson, criminal justice
Juan Delagarza, munitions systems technology
Scott Delamater, aviation maintenance technology
Todd Devereaux, aviation maintenance technology
William Diebold, criminal justice
Gregory Dolak, electronic systems technology
Gregory Dolak, mechanical and electrical technology
Kelly Eckhardt, construction technology
James Esarey, allied health sciences
Adam Escobedo, aircrew life support
Jerome Fabian, avionics systems technology
Michael Fabsits, fitness, recreation and services management
Caddell Ferrell, criminal justice
Dustin Finamore, information systems technology
Ouiana Gainey, information management
Robert Gainous, criminal justice
David Giesen, aviation maintenance technology
Jessica Gilbert, avionics systems technology
Robert Goddard, aviation maintenance technology
Robert Goddard, avionics systems technology
Jairo Gomez, human resource management
Erika Grant, logistics
Jeremy Graviett, munitions systems technology
Jeffrey Green, munitions systems technology
Jeffrey Green, communications applications technology
Christopher Gresser, electronic systems technology
Ayanaw Hagos, mechanical and electrical technology
Dustin Hahn, aerospace ground equipment technology
William Hahn, construction technology
William Hahn, aviation maintenance technology
Khaalis Hall, information systems technology
Daniel Hansing, aviation maintenance technology
William Hensley, aviation maintenance technology
Shellie Hewitt, logistics
Paul Hogan, aviation maintenance technology
Tania Hollinshed, nondestructive testing technology
Shane Holtz, criminal justice
Kendra Hoven, ecological controls

Phillip Hull, construction technology
Darron Hunter, aviation maintenance technology
Michael Jennings, aviation maintenance technology
Louis Jones, aircrew life support
Joseph Kablan, fitness, recreation and services management
James Keeter, human resource management
James Keeter, aircraft systems maintenance technology
Lesser Keyes, paralegal
Lesser Keyes, information systems technology
Adam Kilgore, airway science
Daniel Kranz, electronic systems technology
Cory Lagrow, information systems technology
Nicholas Leggett, aviation maintenance technology
James Lehman, public health technology
Thomas Liter, aviation maintenance technology
Samuel Martinez, criminal justice
Matthew Mattes, ecological controls
Nathan McGee, construction technology
William Morrison, avionics systems technology
Regina Morrison, paralegal
Brian Mosley, information systems technology
Ashley Motley, allied health sciences
Morrel Muller, electronic systems technology
Michael Mumma, aviation maintenance technology
Sue Myers, contracts management
Kendrick Nelson, aviation maintenance technology
Cory Nicholson, information management
Crystal Norton, human resource management
Chad Obermiller, contracts management
Richard O'Brien, aviation maintenance technology
Jacob O'Connor, metals technology
James Oldeen, aircraft armament systems technology
Roy Ollie, aviation maintenance technology
Timothy O'Malley, aviation maintenance technology
Bronson Peters, fire science
Steven Pierce, avionics systems technology
Adam Post, aviation maintenance technology
Adam Prazak, aviation maintenance technology
Kamarundini Raim, logistics
Becky Rankin, financial management
Charles Raper, avionics systems technology
Robert Rayburn, avionics systems technology
Robert Rayburn, instructor of technology and military science
Jeffrey Reimer, maintenance production management
Julie Reno, information management
Amanda Rodriguez, airport resource management
Somchai Rollins, criminal justice
Charles Rone, aircraft systems maintenance technology
Anthony Roop, criminal justice
Kelly Ruffo, bioenvironmental engineering technology
Darla Rush, instructor of technology and military science
Kevin Rushing, instructor of technology and military science
Marsha Sansculotte, logistics
Scott Savage, aviation maintenance technology
Mark Scarborough, avionics systems technology
Ronald Scott, aviation maintenance technology
Randy Sellers, mechanical and electrical technology
Glen Sells, aircraft armament systems technology
Jason Simons, mechanical and electrical technology
Karen Simpson, electronic systems technology
Ray Smith, aircraft armament systems technology
Jonathon Snyder, avionics systems technology
Ethan Souder, aviation maintenance technology
Cameron St. Amand, aviation maintenance technology
Iesha Stanley, logistics
Sean Staten, mechanical and electrical technology
Garry Steffens, electronic systems technology
Richard Stephens, criminal justice
David Stephenson, avionics systems technology
Angelique St. Pierre, aircraft armament systems technology
Travis Swift, mechanical and electrical technology
Marshall Thomas, aviation maintenance technology
Miles Tiongison, instructor of technology and military science
Michael Tucker, information systems technology



Michael Tucker, criminal justice
Jennifer Viles, information management
David Walker, information systems technology
Tracy Wallace, restaurant, hotel and fitness management
Stacy Waller, aviation management
Randy Walton, aviation maintenance technology
Jack Watson, avionics systems technology
Warren Weakley, criminal justice
Brett Weilbrenner, aviation maintenance technology
Ameer Weston, electronic systems technology
Tawana Weston, information management
Anthony Wigley, electronic systems technology
Melissa Williams, logistics
Teresa Willson, information systems technology
Robert Wilshire, instructor of technology and military science
Callie Wilson, personnel administration
Seth Wilson, electronic systems technology
Eric Witt, aerospace historian
Andrew Wojciuch, aerospace ground equipment technology
Travis Wright, contracts management
Alexander Young, airway science
Michael Zulawski, logistics

State Fair Community College Associate of arts degree

Thomas Adams, business management
Katina Barney, general studies
Joanna Bradshaw, general studies
Gerald Carr, general studies
Rebecca Casselman,** general studies
Hoyoon Chung, general studies
Stephanie Cotrell, elementary education
Marie Cournoyer, general studies
Katherine Dannerfrank, general studies
Sarah Darr, general studies
Michael Fabsits, business management
Sally Farrell,** general studies
Aaron Ford, general studies
Masai Ford, general studies
Veronica Guzman, education
Khaalis Hall,** general studies
Todd Holbert, management
Jennifer Hults, general Studies
Michael Hutchins, general studies
Cristin Iwanowski,* general studies
Michael Jennings, general studies
Kristin Keen,* secondary education/social studies
Kim Kever, general studies
Tammy Kjos, general studies
Jonathan Latson, general studies
Heather Lewie,** general studies
Katherine Malecha, liberal arts
Bryant Massengale,* general studies
Nathan McGee, general studies
Kevin McMenemy, general studies
Gary Montemarano, general studies
Jennifer Mumma, sociology
Daniel O'Hern, general studies
Grace Orozco, elementary education
Christina Peters**, general studies
Jason Pickett*, general studies
Amanda Poland*, general studies
Adam Prazak, general studies
Kamarudini Raimi, general studies
Christine Raley, general studies
Edith Reed,** human resource management
April Reynolds, general studies
Rebecca Roberson,* general studies
Victoria Robinson, general studies
Joseph Ross,* general studies
Misty Russell, general studies
Jason Sells, general studies
Dennis Sierra,* general studies
Iesha Stanley, general studies
Teresa Stroot, general studies
Travis Swift,* general studies
Jenna Tatum,** general studies
Jared Van Boening, general studies
Garry Walker, general studies
Paul Wilewski, general studies

Lawrence Wilhelm, general studies
Courtney Williams, general studies
Melissa Williams, psychology
Alexander Young,* general studies
Amanda Yurko, general studies
Kimberly Zuniga, general studies
* **With Honors**
** **With Highest Honors**

Park University Bachelor of science degree

Rachel Aliaga, social psychology
Desiree Barnes,* management/human resources
Gerald Carr,* management
Latonya Charles,* management/accounting
Tiffany Clements,* management
Michele Cline,* management/accounting
Charles Copper,* management/human resources
Ray Guest,* management/computer information systems
James Hatt, management/human resources
James Johnson,* social psychology
Juan Kock,* management and management/accounting
Steven LaCaprucia,* management/accounting
Jacqueline Lewis, social psychology
Samuel Martinez,** social psychology
Regina Morrison,* management/human resources
Andrea Negless, management
Kelvin Palmer,* social psychology
Lynn Payne,* management/human resources
Rafael Ramirez,* management
Michael Rich,* management/computer information systems
Debbie Rodriguez,* management and management/human resources
Lisa Schultheis,* social psychology
Jeffrey Smith, management/human resources
Lisa Stevenson,* management
Samuel Stewart, management/human resources
Timothy Vansant,* management/human resources
Kassandra Vitela, social psychology
Stephanie Woerth, * management/human resources
Katie Wright,* social psychology
Travis Wright, management
* **With Honors**
** **Whiteman AFB Park University Outstanding Graduate**

Park University Master's degree

Alan Reynolds, master's of public affairs with emphasis in government business relations

Webster University Master of arts degree

Linda Carter,* human resources development
Donna Cornish-Gibbs, human resources development
Paris Everson, dual human resources development management and leadership
Kelli Green,* dual human resources development, and management and leadership
Lisa Hasberger, human resources development
David Hiersche, computer resources information systems
Andy Hoos, computer resources information systems
Drew Irmischer, computer resources information systems
Dana Nelson,* human resources development
Vicki Orcutt, management and leadership, and human resources development,
Joe Quinn, dual human resources development, and management and leadership, and human resources Development
Thomas Seagers, human resources development
Michael Walters, management and leadership
Thomas Woodring,* computer resources information systems

Master of business Administration degree

Timothy Beck
Bethany Cole
Mary Kelley
Mark Koeppen
Christian Paasch, emphasis in human resources development
Jaylene Sanchez
B.J. Turner
* **Graduate academic honors**

Scholarly Students, Spouses Annual scholarships awarded

The Whiteman Enlisted Spouses' Club and the Officers' Spouses' Club awarded \$11,100 in scholarships April 28 at Mission's End.

Col. Chris Miller, 509th Bomb Wing commander, presented the awards at the reception.

The colonel congratulated the scholarship winners on their hard work and achievements. He said the support and sacrifices made by the recipients' families made this achievement possible.

Colonel Miller also stressed the importance of education by quoting Sir

Walter Scott: "All men who have turned out worth anything had a hand in their education." The colonel challenged the scholarship recipients to set a goal and make that goal.

"Education helps you to better understand the world around you. What you learn shapes who you are and how people see you," he said. "Education is what we are."

Finally, Colonel Miller thanked the spouses for providing this opportunity through their hard work at the Thrift Shop.



High school seniors Rebecca Welly, Holly Sunnarborg, Bailey Hartswick, Kristy Hauger, Anna Pignotti and Benjamin Young pose for a photo with Col. Chris Miller, 509th Bomb Wing commander, at the annual Whiteman Enlisted Spouses' Club, Officers' Spouses' club, Air Force Association and First Command Financial* scholarship event April 28 at Mission's End. Not pictured is Kirsten Aubele.



Spouses scholarship winners Cassy Leach, Michelle Heying, Shanna Heustis, Amy DeClue, Christopher Bryant and Tiffany White pose for a photo with Col. Chris Miller, 509th Bomb Wing commander.

*No federal endorsement of mentioned sponsor intended

High School Students

Kirstin Aubele was awarded a \$2,500 scholarship. Kirstin has been accepted to Washington University in St. Louis, Mo. where she will major in biology. Kirstin attends Culver Academy in Culver, Ind. and had the opportunity to ride in the 2005 Presidential Inaugural Parade. Kirstin said Gene Kranz, a NASA flight director, influenced her because "he dared to dream and he dared to reach for his dream." Kirsten's partens are retired Maj. James and Alice Aubele.



Bailey Hartswick was awarded a \$500 scholarship. Bailey plans to study pre-med at Charleston Southern University in Charleston, S.C. Upon finishing school, Bailey said she'd like to become a medical missionary. Her compassion can be attributed to the most influential figure in her life, Jesus. Bailey's mother is Tech. Sgt. Erin Harswick.



Kristy Hauger was awarded a \$250 scholarship. Kristy will attend State Fair Community College in Sedalia, Mo. this fall to attain a degree in dental hygiene. She said she hopes "to one day touch people's lives the way Mother Teresa has." Kristy said she'd like to become a missionary after finishing college. Kristy's parents are Tech Sgt. Dave and Sherry Hauger.



Anna Pignotti was awarded a \$500 scholarship. Anna will attend Central Missouri State University in Warrensburg, Mo. this fall to study elementary education. She said her parents and teachers have greatly influenced her and allowed her to "love the person she is now." She said these amazing people have inspired her to become a teacher. Anna's parents are Senior Master Sgt. Mike and Sandy Pignotti.



Holly Sunnarborg was awarded a \$1,000 scholarship. Holly is the salutatorian of her Sacred Heart Academy class in Sedalia, Mo. Holly will attend CMSU to study clinical nutrition. Holly said she hopes to have "the same dedication in all aspects of her life including school, sports, community activities, and most important — faith" as did her most influential figure, Madame Curie. Holly's parents are Lt. Col Terry and Gwen Sunnarborg.



Rebecca Welly was awarded an \$1,100 scholarship. Rebecca has been accepted into CMSU where she will major in athletic training. She said she believes — like her role model Eleanor Roosevelt — that "one person can impact the dreams of future generations." Rebecca's parents are retired Master Sgt. Marvin and Sandra Welly.



Benjamin Young was awarded a \$250 scholarship. Benjamin is salutatorian for his class at Applewood Christian School in Sedalia. He will be attending John Brown University in Siloam Springs, Ark. as a business major. Benjamin said he knows Jesus, the most influential figure in his life, "will continue to influence his life forever." Benjamin's parents are Lt. Col. Scott and Pamela Young.



Spouses

Christopher Bryant was awarded a \$500 scholarship. Christopher is a junior at CMSU where he is majoring in finance. He wants to pursue a career in accounting and financial consulting. Christopher is the vice president of the Economics and Finance Club, and a member of Financial Management Association International. He's married to Senior Airman Samyra Bryant, 509th Medical Operations Squadron.



Amy DeClue was awarded a \$2,500 scholarship. Amy attends CMSU and has completed the first two years of her nursing degree. Amy said she's always wanted to be a nurse and care for other people. She is halfway to her goal and is willing to put forth the effort needed to achieve her dream. She's married to 2nd Lt. Ronald DeClue, 509th Civil Engineer Squadron.



Shanna Heustis was awarded a \$500 scholarship. Shanna will attend SFCC this spring. She has 210 continuing education credits in dental office curriculum. Shanna is working toward a degree in business management, with which she would like to work as a dental office manager. She's married to Tech. Sgt. Mike Heustis, 509th Maintenance Squadron.



Michelle Heying was awarded a \$250 scholarship. Michelle is completing her practical nursing program at CMSU and will begin the registered nursing program in the fall. Michelle has more than 100 college credits and is now able to pursue her educational dreams with her daughter in kindergarten. She said she hopes to become a nurse practitioner and knows that "anything worthwhile in life takes hard work to achieve." She's married to Staff Sgt. Jeff Heying, 509th MXS.



Cassy Leach was awarded a \$250 scholarship. After being involved in mission work in Ghana, Africa, Cassy has wanted to pursue a nursing career. Cassy is enrolled in the practical nursing program at SFCC. Then she will pursue a registered nursing degree. She said she'd like to continue to work with children with developmental disabilities who have special needs. Cassy is also expecting a baby in July. She's married to Senior Airman Chris Leach, 509th Logistics Readiness Squadron.



Tiffany White was awarded a \$1,000 scholarship. Tiffany is enrolled in the practical nursing program at SFCC. After graduating this spring, she will pursue a registered nursing degree. Tiffany is the president of the Practical Nursing Club at SFCC. She said it's always been her goal to become a registered nurse. She's married to Tech. Sgt. Dannie White, 509th Communications Squadron.

Judges

Dr. Maurine Auchauer — Dr. Auchauer holds a PhD in educational psychology from the University of Nebraska. She's a long time member of the Whiteman Base Community Council and Warrensburg Chamber of Commerce.

Ann Houx — Mrs. Houx holds an education specialist degree in special education, a master's of science in art education and a bachelor of science in education. Mrs. Houx, a former mayor of Warrensburg, is active in the Warrensburg and Whiteman communities.

Heidi Mackey — Mrs. Mackey is the principal of the Whiteman Elementary School. She's from St. Louis and received her elementary education degree from the University of Kansas. She also has a master's of science and education in curriculum and instruction and her specialist in education in elementary administration.

Delores Hudson — Mrs. Hudson is retired from CMSU after 22 years of service. She served as director of admissions at CMSU for the past 14 years. She is a former mayor of Warrensburg and was the first chair of the Whiteman area steering council, which brought the communities together for the arrival of the B-2.

Michelle Schulz — Ms. Schulz recently moved to Warrensburg from Quincy, Ill. She holds a bachelor's degree in criminal justice administration with a minor in sociology and political science, and a master's of science degree in park, recreation and tourism administration.

Debbie Cunconan — Mrs. Cunconan has been teaching for 10 years and is currently an instructor of composition at CMSU. She received her bachelor's degree in English with an emphasis on technical writing from Oklahoma State. She received her master's degree in composition and rhetoric from the University of Central Oklahoma.

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Courtesy graphic

During the fiscal year 2004, 22 Air Force mem-
bers lost their lives in auto accidents. Wearing
seatbelts can help reduce that number.

Seat belts save lives

By Master Sgt. John Cline
509th Bomb Wing Safety Office

Motor vehicle accidents are the leading cause of death
among Air Force members. For those involved in motor
vehicle accidents, failing to buckle up contributes to more
fatalities than any other traffic safety-related behavior.
According to an Air Force Safety Center Ground
 Mishap Summary Report, 22 Air Force members lost their
lives in four-wheel motor vehicle accidents during fiscal
2004. The mishap investigations conducted revealed seven
of those people weren't wearing seat belts, decreasing
their chances of survival.

Air Force members are aware of the requirement to
wear a seat belt. It's been instilled in us from the begin-
ning of our Air Force careers. Unfortunately, not everyone
fully understands the importance of wearing seat belts.
Sometimes, complacency or poor judgment comes into
play and affects our decisions. Some people also try to
rationalize why they don't buckle up. These include peo-
ple saying, "I don't have time," "It's too uncomfortable"
and "I'm not going that far."

The 509th Bomb Wing Safety Office conducts monthly
seat belt surveys at random locations around Whiteman.
During March, only 92 percent of base members surveyed
complied with state and base seat belt laws, and Depart-
ment of Defense and Air Force instructions. This is a con-
cern since the Air Combat Command standard for seat belt
usage on ACC installations is 98 percent. As you can see,
there is room for improvement in this area.
The National Highway Traffic Safety Administration
provides the top four reasons why people should wear a
seat belt:

- ✔ Seat belts can save your life in a crash.
- ✔ Seat belts can reduce your risk of a serious injury in a crash.
- ✔ Thousands of the people who die in car crashes each year might still be alive if they had been wearing their seat belts.
- ✔ It's easy. It only takes three seconds.

With the improving weather and summer months rapid-
ly approaching, Whiteman members will be at an
increased risk of being involved in a motor vehicle acci-
dent. "Buckling up" is simple and is the single most sig-
nificant act a person can take to increase one's chance of
surviving a motor vehicle accident.
Remember to always buckle up — most traffic acci-
dents occur within 20 miles of where you live. You never
know when you'll be involved in a motor vehicle accident,
so buckle up. It's the law and it makes good sense.

Running efficiently: Here's how

(Editor's note: Staff Sgt. Gregory Dolak offers his advice from his squadron physical fitness program. Research for the article was done online.)

By Staff Sgt. Gregory Dolak

509th Civil Engineer Squadron

Want to get the most from your

workout without feeling like you're

get it right? Well, these tips are

designed to help you perform better

and pass your fitness test.

Running form: Your arms should

swing freely, not close to your chest.

They should swing from your hips to

lower chest level and should bend at

about 90 degrees. The slower your arms

move, the slower your legs move.

Swing your arms straight for-

ward instead of side to side. Swinging

your arms side to side moves your

whole upper body side to side, slows

you down and wastes energy.

Don't bounce side to side

because it adds to the distance you

run. It may not be much but that cou-

ple seconds could be a point you need.

Keep your hands in a loose fist.

Your hands should be tight so they

don't flop around. However, making

too tight of a fist will make your arm

muscles tired and waste energy.

Don't stomp! When you stomp

you're transferring your weight sud-

denly and will probably cause knee

damage. When your heel strikes it

should be a smooth roll to your fore-

foot. Good form is quiet.

Establish a breathing pattern.

Your breathing should be uniform

throughout the whole run once you're

warmed up. This will exercise your

breathing muscles and help you later

when they're established in this pat-

tern.

Keep your back straight but

lean forward slightly. You should

keep your shoulders low and loose,

and your jaw relaxed. Clenching your

jaw and tightening your shoulders

will make you tired.

Endurance: Run as far as you

can for as long as you can. You can't

must build up to it. The same princ-

ple holds true with a 5k or the 1.5-

mile Fit test. Try 10 minutes without

walking one week, then 15 the next.

Don't forget, if you can run three

miles, the Fit test will be a breeze.

Use the 10 percent rule when

adding mileage. Don't add more than

10 percent more mileage from one

week to the next. This will help you

avoid burn out, and most importantly,

injuries.

Run four days a week. As a

beginner you can get better by run-

ning three days a week, but there

will come a point where you'll peak.

To get faster you must run at least

four days.

Injury-free running: Stretch

before and after a run.

Get your heart pumping before

stretching. When blood is flowing to

your muscles, stretching will be

more effective. An easy suggestion is

to run around the softball field

before going into the gym for

squadron PT.

When doing your standing

quad stretch your ankles are getting

strengthening. This helps reduce

stress to the rest of the leg during

heel strike. No stress, no pain.

Run in the correct shoes. There

are many sites on the Internet to help

you determine the best shoe for you.

Most people think they're getting

shin splints when really it's just their

shins, along with the rest of their

legs, getting sore from running in the

wrong type of shoes.

Strength training at least once a

week will keep you healthy.

Run outside. Treadmills are

convenient and useful for recovering

after an injury but it's not nearly the

same as outside running. It sounds

crazy but you actually work muscles

differently when using a treadmill.

Try to limit your treadmill runs to

one-third of your monthly mileage.

Besides, it's nice outside. If you use

the treadmill make the incline at

least 1 percent otherwise the motor

does the work for you.



Photo by 1st Lt. Ed Gulick

A loss becomes a gain

The first Whiteman's Biggest Loser contest ended April 15. Participants weighed in monthly and documented all exercise per- formed. Those reaching the program's monthly activity goals received prizes such as T-shirts, water bottles and gym bags. Large water coolers are the grand prize that will be awarded to the two biggest losers. Due to the efforts of those enrolled, White- man weighs 168.4 pounds less than it did in January. Congratulations to all those who shed pounds and inches, and special con- gratulations to Whiteman's Biggest Losers in the male and female categories. The male winner is Staff Sgt. Brandon Denmon of the 509th Maintenance Squadron and the female winner is Robin Ware, wife of Tech. Sgt. Don Ware of the 509th Services Squadron.

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